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*Helping
Extraordinary
People Lead
Ordinary
Lives.*

CMA RESIDENT HIGHLIGHT:

Steven's Story...A Bronx Tale

Four years ago, Bronx native, Steven LaBianca arrived at CMA from a nursing home. He was accustomed to eating his meals alone in his room and socialized only with the staff that tended to his immediate personal and medical needs. Steven's parents had passed away and his only brother lived in Suffolk County. When complications from diabetes forced Steven from his home in the Bronx, Steven's brother had few choices to consider for the care and services required for Steven. A nursing home in Suffolk County became the only viable option. While Steven and his brother were able to visit and spend time together, it was not an ideal residence for a person with a developmental disability.

Steven was unhappy with his housing and eventually retreated into a state of sadness, often expressing frustration and anger. Steve simply desired to "eat dinner at a dining room table in a real home". He also wanted to experience the joy of attending a Yankees game. Steven said he didn't want to be "in a dark room" but instead preferred to be out in the world, with a job and an opportunity to socialize with people he liked and who liked him. Steven was acutely aware that the people responsible for his care in the nursing home were impersonal. He felt they were insensitive to his passions and described them as "rough" and "mean". Steve declined recommended sight restoring cataract surgery because he distrusted the individuals in charge of his care.

CMA staff met and recognized Steven as an appropriate candidate to fill an opening at CMA's Tulip Drive residence in Glen Cove. From the first meeting, it was apparent that Steven was unhappy and in need of a more appropriate environment that could foster his independence and interests. CMA staff members were diligent in assessing his circumstances and quickly recommended him for residency at the Tulip Drive home.

Today, Steven socializes with friends and believes "people here care about me." There are always people to talk to around the dining room table where Steven now eats all his meals. "Tamiko's cooking is really good" Steven says with a smile. "I do my chores, I get to pick where I want to go on the weekends, I go to a program, and have so many choices now. I used to stay in my room all day and night".

After acclimating to his new home at CMA with people he trusted and people he felt cared for him,

Steven decided he was ready for cataract surgery. He had a successful outcome and now truly enjoys his favorite activities including going to the movies, going out to dinner and attending baseball games. With his CMA friends in tow, Steven made it to the Bronx for his very first Yankees game. He has even become a bit of a Mets fan too -- mainly because he likes to travel and Queens is an easy commute.

There has been a transformational change in Steven since taking residence in CMA's Tulip Drive house. For Steven, CMA provides not only a home, but also a life with choices, trust, caring, opportunities and most importantly, friends.





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PRESIDENT'S MESSAGE:



The Kitchen Is The Heart Of The Home

Oh, what a night! On Thursday, October 23rd, CMA held the Annual Fall Event at the Village Club at Lake Success. It was a wonderful evening of celebration – those of you who were there know what I mean and those who weren't, well there's always next year!

At the event, we honored Debbie and David Cohen with the Walter Humanitarian Award and the Justin Family with the first ever Founder's Award. We also acknowledged long time CMA resident, Howard Bauer for his achievements in independent living.

I am proud to count Debbie and David Cohen, Howard Bauer, and the Justin Family among my friends. Debbie and David, and their sons Scott & Jay, are true global citizens and have a positive impact on many communities. And they don't think there's anything funny about "Peace, Love & Understanding". The Justin family helped Joan Brenner and CMA break new ground decades ago. They continue to support and advocate for people with intellectual and developmental disabilities, enhancing local communities. Howard is "the mayor of Irma Avenue" and has a positive impact on all of his friends and neighbors. Congratulations to the honorees.

I must confess, I am obsessed with food. I love to eat, love to cook, and love to dine out. I dream about food. If I am hungry, I can't think. I compulsively watch the Food Network and experiment on my family with new recipes all of the time. My kitchen is everyone's favorite room in the house. No one sits in the living room and the den is only used to watch "the game". When we have people over, it's often standing room only in the kitchen and I have had to slap many a hand for dipping into the pan before food was ready to be served. I know that many of you share this obsession, even you skinny people.

In fact, food was the basis of the beginning of my relationship with CMA. Several years ago I began volunteering in one of our homes baking after dinner treats with the residents and attempting to grow a vegetable garden.

It is often said that the kitchen is the heart of the home. That is why CMA has prioritized kitchen renovations at the top of the list for capital projects. A CMA kitchen is place where residents and staff work together to prepare a meal, sit together to share a meal, and then argue over who has to clean up. Just like in your home. I am sure that many of you can relate to the excitement, the dust, the expense, and then the satisfaction of a kitchen renovation. At CMA we strive to enable "Extraordinary People to Lead Ordinary Lives". Renovating poorly functioning kitchens will go a long way to promote the mission.

The Fall Event was successful in raising funds for the Kitchen Appeal. Thank you to everyone who contributed for your generosity. But, the list of capital improvements for CMA's facilities grows longer every day. A new roof here, a bathroom there, landscaping, new windows, etc. Donating to CMA is as easy as writing a check, or clicking "donate" on the website.

Thank you!

Ossie Spector
Ossie Spector

EXECUTIVE DIRECTOR'S MESSAGE:



The Holidays Are Here!

Dear CMA Friends and Family,

It is hard to believe the Holidays are upon us! 2014 has been a good year for CMA. The individuals in our programs have been busy and happy. Just recently, 4 people representing CMA's Self Advocates, attended the New York State Self Advocacy Conference in Albany, N.Y. Once there, they participated in workshops and Focus groups along with 750 other Self Advocates from across the state. We are very proud of the work they are doing. Rumor has it, there was a pretty fun Halloween Party/Dance there as well! Speaking of Holiday Parties, I am already hearing about plans for the annual Snowflake Ball on December 12 at the Holiday Inn in Plainview. It is always a highlight of the CMA Holiday season!

As we have mentioned in previous editions, we continue to be challenged by the government's increase in regulations and decreases in funding. In July of this year, we sustained a cut to residential room and board payments, which was explained as a "budget neutrality factor". Believe me, they weren't neutralizing CMA's budget! Unfortunately, because we rely so much on Medicaid funding, we can continue to expect even more cuts in the future.

On the positive side though, is CMA's wonderful, kind, and generous supporters. Our 20th annual Golf, Tennis, and Bike Ride broke all prior fundraising records and honored three very special men who have been chairing the event for the past 20 years. A big Thank You goes out to Mark Engel, Gerry Levy, and Jerry Pinsky for all of the hours and hard work you have donated to us throughout the years, and all of the wonderful people you have introduced us to! We were very impressed with the fabulous job your successors did, sons Matt Engel, Neil Levy, and Jeff Pinsky. We are so fortunate to have the legacy of three terrific men carried on by their sons. As you will read in this newsletter, our Fall event was also a great success, and enabled us to pay for the kitchen renovations in two of our homes. Thank you so much to David and Debbie Cohen, and all of their family and friends for their generosity and support. And finally, three cheers to Christine Monahan, the honoree for our annual Comedy night in July. That evening raised money for CMA, but also provided us with a great time and many laughs!

CMA would not be the special organization it is, without the tremendous support we receive from all you. The journalist Joann Howard said, "Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one". We at CMA feel so fortunate to have each other, and to have all of you as part of our network of family and friends. Thank you for being part of our CMA Clan!

We wish you a Happy and Healthy Holiday season.

Eileen Egan

HR UPDATE:

Achievement

Valerie Graf and Alexa Weinberg are now Licensed Master Social Workers

Promotion –(DSPs)

Jermaine Crandall ~ Residence Manager @Irma
Jessenia Lara ~ Assistant Residence Manager @Irma

We welcome back (DSPs)

Twyla Sommersell
Alfonso Sacoto
Jennifer Comeau

Danielle Vogt ~ got engaged

Proud to be a CMA Donor – A Conversation with Pat Lowy

Pat Lowy is a dynamic and accomplished woman with a passion for life. She holds a BA in Social Work from CW Post and a Masters in Rehabilitation Counseling from Hofstra University. For five years she worked in non-profit agencies helping to obtain jobs for people with disabilities. For twenty-five years thereafter she worked in the corporate sector eventually becoming a Corporate Vice President of Human Resources. As a world traveler with a strong background in relationship management it is no surprise that today Pat enjoys volunteering as an arbitrator for Nassau County Supreme Court and as a mediator for Small Claims court. "I truly enjoy working with people to help them overcome their differences and meet consensus" she said.

Pat learned from a young age that it is important to help others less fortunate. Her parents were always philanthropic and she has followed in their footsteps. As a director of her family's foundation, Pat supports numerous charities including CMA. She has been a dedicated supporter of CMA, having chaired the annual gala for over 20 years and serving in various capacities to help raise funds for the organization.

Pat knows CMA well through her son Andrew who has been part of CMA's residential program for over 28 years. During that time, the family has seen many changes in the agency, but one thing has remained the same; the quality of care and services that Andrew

has received. "My family and I have seen and experienced the help that CMA provides." Pat said, "It has given me a sense of peace to know that Andrew's physical and emotional needs are being met on a day to day basis." Andrew continues to thrive at CMA and has taken on a leadership role in planning and researching CMA group activities. He has a job at Rite Aid and he enjoys interacting with his co-workers and the Port Washington community.



According to Pat, Andrew has always been a responsible and independent person, but through CMA he has become far more communicative and engaged with his peers. "CMA is Andrew's second family, and we know that if we are not available, CMA is there to support him in every way." It is this comfort that continues to motivate Pat who recently made a lead gift to CMA's kitchen renovation capital campaign for which we are so grateful.

Pat is an exceptionally busy woman who moves from one adventure to the next. Nevertheless, she always makes time for a good game of mahjong or canasta with her

friends. Friends are important to Pat and CMA is fortunate to have Pat Lowy as a treasured friend. Despite her many activities and passions, Pat continues to support and keep CMA close to her heart. Pat Lowy is indeed a valued gift to CMA.



New York State Association of Community Residential Agencies (NYSACRA) Long Island's Direct Support Professionals (DSP) Conference

Each year, NYSACRA requests non-profit organizations to nominate outstanding Direct Support Professionals. On Friday November 7, 2014 in the Sea Star Ballroom at The Atlantis Marine World Aquarium in RiverHead, NY awards were distributed to exemplary individuals including three CMA employees.

Award winner Angela Stevens Li A Ping was nominated by CMA's Self Advocates. This group of individuals receive support services and work to promote their rights and ensure a legislative voice for people with intellectual and developmental disabilities. Angela works with many of the Self Advocates and other CMA residents to grow their confidence and communication skills. She is a dedicated employee with a contagious smile, positive attitude, and boundless energy.

Danielle Vogt was nominated by the CMA managerial team at the Kings Point residence where she has been employed for over 5 years. Danielle brings kindness, creativity and compassion to her position. One of Danielle's innovative

projects included bringing an Around the World initiative that engaged the residents in a weekly educational journey through the history, music, art, culture and food of different countries. The residents were able to learn and taste epicurean treats from different nations. Danielle was instrumental in encouraging other staff to share their cultural backgrounds which help to bolster relationships both colleagues and residents alike.

Award recipient Alicia Daley is a job developer in the Working Together program and was nominated by her supervisor for this year's DSP award. Alicia started with CMA less than two years ago as a job coach and was quickly promoted to her current position. She intuitively understands the people with whom she works. Alicia is an astute professional who thoughtfully listens to her job seekers and works to identify a fulfilling placements that meets the mutual needs of both employee and employer.

Congratulations to all of The NYSACRA DSP award recipients!





"A Celebration of Independence" Fall Benefit Event

The annual CMA fall fundraising event, A Celebration of Independence was held on October 30, at The Village Club at Lake Success.

This year's theme "Recipes for Fulfilling Lives" encompassed CMA's mission and desire for growth; including a capital renovation project that will result in two new kitchens for our Port Washington and Westbury homes.

Deborah & David Cohen were the honorees who received the John Walter Humanitarian award recognizing compassionate individuals who demonstrate a charitable commitment to CMA and the furtherance of our humanitarian efforts. Debbie Cohen serves on the Board of CMA and volunteers regularly with the residents. She and David are a tremendous resource for the organization and have been most generous with their time, talents and philanthropy.

Founder Joan Brenner, presented the first annual Founder's Award to the Justin family. The founder's award was established to recognize the family of a CMA resident who supports people with intellectual and developmental disabilities, and have gone beyond their own family member, to extend their efforts through advocacy and philanthropy to benefit the entire community.

Doug Spector was the skillful Master of Ceremonies for the evening where the CMA choir performed a beautiful rendition of Natalie Merchant's Kind And Generous. Irma Avenue house resident Howard Bauer was the keynote speaker who told an inspiring account of his life as well as a joke which infused the evening with humor and spirit. The event raise over \$125,000 for CMA.



CORPORATE RELATIONS:

 **Lifetime Brands**

When Joe in CMA's Carlton residence first saw the generous gifts from Lifetime Brands he was ecstatic! An avid cook with a passion for being creative in the kitchen, Joe went to work using brand new kitchen pots, pans, knives, cutting board and baking sheets all donated by Jeffrey Siegel of Lifetime brands.

While Joe continues to whip up some of his favorite dishes including pot roast, he is not the only beneficiary of new kitchenware. LifeTime Brands donated a complete set of identical cookware, utensils and bake ware products to each of CMA's 12 residences.

"I'm a baker, and the new cookie sheets are awesome" said Autumn at CMA's Port Washington garden apartments. CMA's independent supported service resident, Adam commented that "The Guy Fieri new pots and pans made cooking seem new again"

and Paul stated that "The pots make me feel like a new man!" The Farberware knife set is a real lifesaver for Gwen in CMA's East Meadow residence because "Our old knives just weren't "cutting it" – with all the veggies we like to chop up, these new knives make everything so much easier"

Lifetime Brands president Jeffrey Siegel became familiar with CMA through his lifelong friendship with Jerry Pinsky, retired board member and past chair of CMA's annual Golf, Tennis and Bike Fundraiser. The two have been friends for over 50 years. Mr. Siegel and his wife reside near CMA's Kings Point residence as well.

We are so grateful to Lifetime brands, Jeffrey Siegel and our good friend Jerry Pinsky for their continued support and generosity – they have an open invite for dinner prepared with love and appreciation by the residents in all the CMA homes.

SIDEWALK
Sale

*Local Business Helps
CMA To Earn Revenue From
A Yard Sale*



On a windy October morning in Garden City, cars were stopping, vans were parking and people were all abuzz on Stewart Avenue. Bargains, treasures and treats were available at CMA's first SideWalk Sale. Tracy Jordan and Kathy Maher of Invited Sales partnered with CMA to host a fantastic and lucrative yard sale. Furniture, toys, costume jewelry, lamps, tables, china, home goods, and sporting equipment were donated and then sold with 100% of the proceeds going to CMA. CMA residents sold baked goods to help raise money for their Self-Advocacy group and COFFEED donated coffee to pair with the bake sale.

Invited Sales is an estate liquidation business that conducts public, private, at home, and on-line auctions, and offers consignment services in their shop on Stewart Avenue. Tracy Jordan owns and operates the business with help from Kathy Maher. The two women have been friends since their days at Sacred Heart High School where they credit honing their strong commitment to charity. When approached by CMA to help with a yard sale, the two women stepped into action. They not only donated their time, appraisal skills and many items from the Invited Sales Shoppe, they also priced, packaged, marketed and helped sell every item. These two Garden City entrepreneurs were a vital resource and a generous partner.



Working with the knowledge that "One person's trash is another person's treasure" CMA was fortunate to leverage this great fundraising opportunity. The CMA residents who came to sell baked goods were so successful that they were asked to run their bake sale at the next Invited Sales auction, providing a terrific opportunity for CMA to showcase our valuable programs and services. Tracy and Kathy are now part of the CMA family and we are all delighted for this rewarding community partnership.



STAFF CORNER:

Meet Frank Barosso

In his hometown of Lynbrook, Frank Barosso coaches wrestling, flag football and teaches girl's self-defense class. His colleagues call him kind, gentle and the salt of the earth. CMA residents regard him with deep affection. Frank has been with CMA for over 12 years working predominately on the weekends helping residents with their goals and providing recreational activities as a direct support professional. "If we could clone Frank, we would!" Program Director Heather Aylward, exclaims "he is such a positive, special person and everyone just loves Frank!"

Frank and his little brother grew up on Long Island with only their mother following the passing of their father when Frank was less than 2 years old. His mother's brother later came to live with them. Frank recalls how helpful and caring his uncle was when the boys were young and it wasn't until much later in life that Frank became aware that his uncle had a developmental disability. It was this experience that helped to foster the enthusiasm, comfort and ease that Frank demonstrates in his job at CMA today.

Frank is also the guardian for his wife's cousin Susan who is developmentally disabled. With all of his depth of experience at CMA, he is well aware of the outstanding programs and services that CMA offers and is hopeful that, if appropriate, Susan will eventually be recommended for CMA housing as well.

When given the opportunity, Frank will wax poetic about his 17 year marriage to wife Star. She is the mother of their 6 children, all of whom share their parent's zest for life. His eldest daughter Lauren recently interned at CMA where she worked to develop policies and procedures for the community habilitation program and was a tremendous help and delight in the office.

In addition to his work at CMA, Frank is a truck driver for A. Russo Wrecking, a heavy duty construction company. Frank was instrumental in securing a very generous donation to CMA of a storage container from his company. This gift will be used for the storage and eventual carting of detritus from our Kings Point home.

We are proud that Frank was the recipient of the 2009 Outstanding Direct Support Professional at the New York State Association of Community Residential Agencies (NYSACRA) Long Island Regional Excellence Conference. And, we are very grateful to him for his many contributions to CMA. He is greatly appreciated for the wonderful spirit, enthusiasm, warmth and positivity he brings to everyone at CMA.



Staff Helping Hand

Maria Rodriguez isn't just CMA's dedicated bookkeeper for the past 11 years, she is also a great epicurean with a penchant for preparing foods from her native Puerto Rico. She makes a beloved Sofrito which she often shares with her friends and CMA colleagues. And, although there are rarely leftovers, Maria is always quick to offer up a handy Tupperware container. She is a walking ad for their reliable products. So much so, that she helped secure a generous contribution of Tupperware for all 12 CMA homes.

Maria is a great ambassador and corporate liaison for the agency. She helped CMA reach out to her sister Lillian Garcia, the EVP & Chief Human Resources Officer at Tupperware Brands Corporation to request a contribution of Tupperware. Lillian was happy to help accommodate the request and within a week, CMA received 12 wonderful and useful sets of Tupperware for all of the homes. Thanks to the generosity of Tupperware Brands and two sisters who share the bond of making, serving, and keeping delicious food fresh, CMA residents have the ability to enjoy leftovers, with a great lesson on food economizing too. We are very grateful to Tupperware Brands, Lillian Garcia and Maria Rodriguez for their generosity and good taste!





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**21st Annual
Golf & Tennis
Tournament
& Bike Ride**

Muttontown
Country Club
East Norwich, NY

**May 4, 2015
&
May 11, 2015**